

# Coldwater, Grand Rapids, Greenville, Holland, Kalamazoo

## Coldwater

### Grocery Shopping Tours

**Mondays - Ongoing**

Stroll through a grocery store with a Registered Dietitian and Certified Diabetes Educator and learn how to read food labels, make healthy choices, and an opportunity to ask all those questions you have wanted answers to. No Charge! Sponsor: Southern Michigan Diabetes Outreach Network (SODON)  
Location: Varies. Call SODON at 517-279-2267 or 800-795-7800 for a location near you.

[diabetesinmichigan.org](http://diabetesinmichigan.org)

## Coldwater

### Wednesdays

**Ongoing**

Free blood pressure  
and blood sugar screening.



Held the first Wednesday of every month,

Sponsor: Burnside Senior Center

Location: Burnside Senior Center,  
Coldwater, MI

[diabetesinmichigan.org](http://diabetesinmichigan.org)

## Grand Rapids

YEAR-ROUND EVENT

### Cardiovascular Screening

Provided by healthcare professionals including cholesterol, blood pressure, hemoglobin, urine tests, and cancer prevention counseling.

Time and dates by appointment only!

Sponsor: Catherine's Care Center

Location: 224 Carrier St. N.E., Grand Rapids

Cost: Free to seniors 60+ years

For More Info: Call (616) 454-7900

[diabetesinmichigan.org](http://diabetesinmichigan.org)

## Grand Rapids

### Year Round Walking Program

**Mondays & Thursdays**

Seniors but others are also welcome!

Sponsor: Creston Neighborhood Association

Location: Kent Hills Elementary  
1445 Emerald NE Grand Rapids, MI

Cost: No charge

For more information call

Dave Mossburger at 616/454-7900

[diabetesinmichigan.org](http://diabetesinmichigan.org)



## Partners in Path

### (Personal Action Toward Health)

**Wednesday, March 21st**

**9 a.m. - 11:30 a.m.**

**Kent County Health Department  
700 Fuller NE, Grand Rapids, MI**

#### A 6-week Chronic Disease Management Class

This course teaches you to help manage your chronic disease or that of a loved one. Also learn overall management of chronic health conditions, relaxation/cognitive symptom management, feedback/problem solving, and anger/fear/frustration.

Learn more on communication, medications, making treatment decisions, depression, coping skills, informing your healthcare team, working with your healthcare provider, and durable power of attorney health care concerns for the future. Classes go from March 21 - April 25, 2007

Sponsor: Kent County Health Department

Cost: No charge. Register early because of limited space.

For More Information: Call Julie at: 616/632-7282

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=TENDON&EType=1>

## Partners in Path

### (Personal Action Toward Health)

**February 19 thru March 26, 2007**

**12 - 2:30 p.m.**

**Breton Meadow, 4740 Breton Rd.,  
Kentwood, MI 49508**

#### A 6-week Chronic Disease Management Class

Sponsor: Senior Neighbors. Cost: No charge.

For More Information: Call Sandy at: 616/233-0283

## Partners in Path

**February 23 - March 30, 2007**

**1:30 p.m. - 3:00 p.m.**

**Westwood Apartments, 2450 36th St.  
Wyoming, MI 49509**

#### A 6 week Chronic Disease Management Class

Sponsor: Senior Neighbors. Cost: No charge.

For More Information: Call Sandy at: 616/233-0283

[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)

## Tobacco Free Partners Classes

<http://www.tobaccofreepartners.org/classes.php>

# Greenville, Holland, Kalamazoo

Montcalm County

## 6-Week Health Initiative Class for Living a Healthy Life with Chronic Illness

Wednesday, 3/7/2007

1 p.m. - 3:30 p.m.

715 S. Baldwin, Greenville, MI

This course is designed to help people with chronic illnesses learn a healthy way to live with their disabilities. For people 60 and over! The goal is to learn how to achieve the greatest possible physical capabilities and pleasure from life. There is no cost but participants must be 60 years or older and must be from Montcalm County. Snacks and breaks offered. You will receive a 10.00 gift card to the grocery store of your choice if you enroll and attend all 6 sessions.

Sponsor: Greenville Area Senior Center

Cost: No charge. **The deadline to register is: March 1.**

Call Sandy or Diane today at: 989-831-7476 or for residents in Greenville, call: 225-7476.

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=TENDON&EType=1>

## Diabetes Day Saturday, March 10th

8:00am - 2:00pm

Bronson's Gilmore Center for Health Education

601 John St. Kalamazoo, MI 49007

Diabetes Day is an annual conference held for people with diabetes, their families and friends. Sponsor: Bronson Methodist Hospital, Borgess Medical Center, and Kalamazoo Chapter of the American Diabetes Association

Cost: \$10.00 per person

For More Information: To receive a brochure with schedule of events and registration form, please call (269) 341-8585. **Registration deadline is Friday, March 2.** Early registration is encouraged as space is limited. Registration fee includes lunch and break snacks. Please call (269)341-8585 to register.

<http://www.diabetesinmichigan.org/Eventdisp.asp?Don=SODON&EType=1>

## Holland Hospital Center for Good Health

To contact the Center for Good Health:

E-mail: [CFGH@hoho.org](mailto:CFGH@hoho.org)

Call: (616) 394-3344

Mail: The Center for Good Health  
3290 North Wellness Drive  
Building D, Suite 240  
Holland, MI 49424

Check the  
Center for Good Health Catalog  
for runs, walks, healthy cooking,  
stress management, and other  
wellness-related classes.  
[www.hollandhospital.org](http://www.hollandhospital.org)

<http://www.hollandhospital.org/our%20services/center%20for%20good%20health/Default.asp>